



UFSA  
**K**

**ONNECT**

VOLUME 1, JUNE 2016



*Evan and Ryssa:*  
Golden Week in Japan

**INSIDE:**

Disaster Drill  
Hakata Dontaku

+ How-to's in Japan, Indian recipe,  
and more!

# Disaster Drill

## Preparedness is Survival

by DILAN RASIKA, Sri Lanka (M1, Lab. Food Analysis)

Japan is not a stranger to natural disasters, the most recent being the Kumamoto earthquake. And to describe it in one word; Scary! When I felt the shakes, I did not know what to do, where to run, as this was my first experience of such a phenomenon!

On May 1st, I attended the disaster drill organized by KUFSA at the Fukuoka City Disaster Prevention Center. We got to experience simulated typhoon and earthquake of magnitude of 7. The staff also demonstrated step-wise procedures on fire fighting and evacuation from fire-caught buildings. After each demonstration, we had practical sessions where we implemented it. Everybody acquired hands-on-experience in operating fire extinguishers and evacuation from a fire-caught, dark, smoky building following the evacuation signs. Wow! What an experience!!

The drill helped us to improve our judgement in a critical situation and get ourselves prepared for possible disasters, so that everyone can protect their own lives.



### WHAT TO DO DURING AN EARTHQUAKE

#### When you are inside the room

1. Hide under a table or desk.
2. Put out any fire after the shaking stops.
3. Open a door to secure a way out.
4. Put on your shoes to prevent foot injury.
5. Prepare portable emergency items.
6. Ensure safety and step outside.



#### When Evacuating



#### When you are outside

##### At School or Office

Stay away from bookshelves and windows, and hide under the table.



##### In an Elevator

Press the buttons for all floors and step out of the elevator as soon as the door opens.



##### At Supermarkets or Department Stores

Follow the instructions of the staff.



##### On a Bus or Train

Follow the instructions of the staff, and refrain from rushing out of the door.



##### While Driving

Pull over to the side of the road, stop the engine and leave the vehicle without pulling the key out of the ignition.



##### Near a Building

Stay away from the building or anything that may collapse or fall down.



##### Near the Sea

Run away from the sea to a higher ground to avoid tsunami.



##### Near a Mountain

Evacuate to a safe place as a mountain or a cliff may collapse.



SOURCE: DISASTER PREVENTION HANDBOOK FOR FOREIGNERS, International Relations Bureau, Fukuoka Prefecture



# HOW TO?

## Useful tips for life in Japan

by KENTO TOMITA, Japan

### Sushi – The right way to go at this delicacy!

1. Pick up the sushi with chopsticks or your hands (both are considered to be ok) in a way that Neta (fish) doesn't fall out from Shari (rice).

2. Tilt the sushi fish-down to apply a little soy sauce.

3. Place the sushi on your tongue face-down as well.



To eat Gunkan-maki, a type of sushi (the ones whose sides are covered with Nori in the picture), you don't always have to follow the steps above

### Navigate through the crowd, with these simple tips!



1. Make your one hand chop- form and hold it off 25cm in front of your heart.

2. Place the other arm behind so that your shape gets streamlined when viewed from above.

3. Whisper the magic spell

“Sumimasen” as bending your body a little and making small bows several times.

This way, you can cut your way easily through a crowd, no matter how huge it is!

### Bask in the comfort of Onsen!

1. Bring a small towel in the Onsen and Wash your body before entering the bath.

2. Do Kakeyu; rinsing of the body with hot water.

3. Slip into the bath carefully, and enjoy Onsen.

4. Leave the bath without rinsing your body.



SOURCE: <http://tg.tripadvisor.jp/enjoy-onsen/>

# Golden Week in Japan



*Evan*

MI- Resources Production and Safety Engineering

Golden Week in Japan celebrates a combination of several public holidays at the end of April and Early May. So, it is the best opportunity to experience Japan in good weather! As foreign students in Japan, we didn't want to miss out on this experience.

Global Village is an event to introduce people about cultures from around the world and unite them. There were



various international food stalls and performances. We performed with our Indonesian traditional instrument called "angklung". We did not join Hakata Dontaku parade since it was canceled due to rain.

Though it is the most popular travel season in Japan, sightseeing spots were



less crowded than we imagined. We went to the Kawachi Wisteria Garden in Kitakyushu

City where you can enjoy the grand sight of these beautiful wisteria flowers tunnels.

Since the weather was getting better, we didn't want to miss going to the beach. A visit to the Momochi Seaside Beach in Meinohama with KUFSA Team and other foreign students was so much fun! Thanks to KUFSA for the short trip – also the Disaster Drill experience!

Wherever you are in Japan during

CONT. ON PAGE 4



*Rysa*

Japan in Today's World (JTW) Exchange Student



# HAKATA DONTAKU

*With the  
Kyushu*

Hakata Dontaku Festival is the largest festival held in Fukuoka each year on 3rd and 4th May. Commonly called as the "citizen's festival", the streets of Hakata are packed with the locals and foreigners alike! Dancing and parading along the streets with traditional attires, the city of Hakata livens up with vibrant energy. Inclusion of overseas students and visitors celebrates the diversity in Japan, which is increasing with every coming year. This year, the rain gods did not show mercy and the parade day on 3rd was cancelled. But that did not stop the Fukuoka-jins as the next day was celebrated with great pomp and show! The theme of this year's festival was 'Dontaku With the Kyushu: For Kumamoto and Oita', aiming to unite everyone for helping the victims of the earthquake.



-CONT. FROM PAGE 3-

## *Golden Week in Japan*

Golden Week, if you have made plans before hand —with great companions— we're sure you'll make the most of it and enjoy Golden Week as much as we did!

*-Evan and Rysa, Indonesia*

I also went to Nokonoshima Island Park with my host family. The flowers in the island were breathtakingly beautiful! It's a perfect spot for relaxing with family and friends.

If you are an international student, you can get 50% discount for the entrance ticket by showing your student ID.

*-Rysa*



# ROCK CLIMBING IN FUKUOKA

by DANNY GALLAGHER, USA (M1, Earth Resources Engineering)

Rock climbing is an incredible experience. It's adventurous, it's challenging, it's liberating, it's intense, and it's just plain fun. When you're on the wall, you feel a sense of freedom to go anywhere, but you also zoom in and focus on your movements in a way you might not otherwise think to do.

As a sport, climbing is unique in that the competition is almost exclusively with yourself. You are constantly trying to push your own limits and become the best climber that you can be, ascending routes you weren't able to do last week. Seeing that improvement and sharing the excitement with your climbing buddies is extremely rewarding.

I've only been climbing for about a year now, but I've been loving every second of it. Luckily, Kyushu is one of the best areas in Japan for climbing.



Hyugami Dam is beautiful and it has some climbing routes that are accessible to beginners, as well. But first, it's a good idea to practice up at My Way gym near Kyudai Gakkentoshi Station. The owners are extremely friendly and helpful. Come join us on Thursday nights from about 7:30 pm until 11:00 pm! You won't regret it!

## BREAKFAST WITH *Iswarya*

by ISWARYA SANKARALINGAM, India



Indians love our family and food! In my house, the whole family cooks and eats together. South India is famed for its authentic breakfast options. Let me share my favorite breakfast recipe called 'Sambhar', from my grandmother's handwritten cookbook. PS: Indian cuisine is ingredients and time intensive, but totally worth it!

### INGREDIENTS

- |   |                                       |                                     |
|---|---------------------------------------|-------------------------------------|
| • Toor dal (pigeon pea lentil): 1/3 cup, uncooked | • Turmeric powder: 1/2 tsp            | • Hing(asafoetida): 1/4 tsp         |
| • Tomato: 2 tomatoes, chopped                     | • Coriander leaves: 2 tbsp chopped    | • Curry leaves: 6 leaves            |
| • Onion: 1 onion, sliced                          | • Mustard: 1 tsp                      | • Water: 2 cups                     |
| • Drumsticks (vegetable): 1/2 piece               | • Garlic: 1 tsp, minced               | • Tamarind: 1 tbsp, soaked in water |
| • Oil: 1 tbsp                                     | • Dry red chili: 2 pieces             | • Salt: 2 tsp                       |
|   | • Sambar powder: 1 tbsp               | • Fenugreek seeds: 1/2 tsp          |
|   | • Chana dal (chick-pea lentil): 2 tsp |                                     |

CONT. ON PAGE 6



# INFORMATION FROM THE INTERNATIONAL STUDENT AND RESEARCHER SUPPORT CENTER

外国人留学生・研究者  
サポートセンターからのお知らせ

International Student and Researcher Support Center has been established for international students and researchers to start off your studies or research activities smoothly. Please feel free to contact us when you have any questions or problems.

We extend you our best wishes for your pleasant stay in Fukuoka and fruitful studies and research at Kyushu University.



## Website

We are providing various information regarding campus facilities, immigration procedures, and events/news for foreign residents in Fukuoka through this website.

We hope that you will check our website regularly and get useful information.

## Business hours

9:00 am - 5:00 pm (Hospital campus: 10:00 am - 5:00 pm)

Closed: Saturdays, Sundays, public holidays and New Year Holidays

## Location

Japanese:

<http://www.isc.kyushu-u.ac.jp/supportcenter/contact>

English:

<http://www.isc.kyushu-u.ac.jp/supportcenter/en/contact>

Please check more information at Support Center Website!!

<http://www.isc.kyushu-u.ac.jp/supportcenter/en>

## 留学生家族との交流

# CULTURAL EXCHANGE WITH INTERNATIONAL STUDENTS ANNUAL CALENDAR 2016-17

場所 (VENUE) - 九州大学留学生センター分室 IF (ANNEX OF INTERNATIONAL STUDENT CENTER)

主催 (HOST) - ふくおかフレンドリークラブ (FUKUOKA FRIENDLY CLUB)

活動 (ACTIVITY) - 日本語教室 (JAPANESE CLASS) EVERY WEDNESDAY 13:00 ~ 14:30  
茶会会 (TEA TIME) ONCE A MONTH 13:30 ~ 16:00

04月 06日 (水)	日本語教室	JAPANESE CLASS
04月 13日 (水)	博多年中行事の紹介 (博多どんたく・山笠)	INTRODUCTION OF ANNUAL EVENTS (DONTAKU, YAMAKASA ETC)
05月 11日 (水)	和服を着よう	LET'S WEAR JAPANESE CLOTHES!
06月 01日 (水)	華道	TRADITIONAL FLOWER ARRANGEMENT
07月 06日 (水)	七夕祭り 夏休み (SUMMER HOLIDAYS)	THE STAR FESTIVAL
10月 05日 (水)	日本語教室	JAPANESE CLASS
10月 12日 (水)	異文化交流	CULTURE EXCHANGE
11月 02日 (水)	バザー	BAZAAR (12:30-14:30)
12月 07日 (水)	茶道	TEA CEREMONY
01月 11日 (水)	ミニ ニューイヤーパーティー (日本・海外のお正月)	MINI NEW YEAR PARTY
02月 01日 (水)	書道	CALLIGRAPHY
03月 01日 (水)	ひる祭り	DOLL FESTIVAL

日本人学生さんも、大歓迎!

CONTACT 090-7395-2575 OOE (大江)  
080-5607-7535 YAMAKAWA (山川)

FUKUOKA  
FRIENDLY  
CLUB

## - CONT. FROM PAGE 5 -

# BREAKFAST WITH Iswarya

## Instructions:

1. Pressure cook Toor dal with turmeric and 4 cups of water until soft. Set aside.
2. Heat oil in a pan and add chana dal and cook for about 1/2 min then add mustard seeds.
3. Once the mustard seeds flutters, add fenugreek, curry leaves, asafoetida and dry red chili.
4. Now add chopped garlic and sliced onion and sauté till onion becomes translucent.
5. Throw in chopped tomatoes, drumsticks and sambhar powder and give a quick stir.
6. Then add the tamarind juice and salt to taste and cook for about 5 min.
7. Now add the cooked toor dal and water, mix well all the ingredients and cook for about 5-7 min.
8. Our sambhar is ready! Garnish with fresh coriander leaves and serve hot.

# CREATIVE CORNER



HIGH TIDES, GOOD VIBES  
PHOTO BY: WIN BANTHRARUNGOJ, THAILAND

## SCHEDULE OF EVENTS

**KUFSA**  
Kyushu University Foreign Students Association

Facebook: KUFSA  
Email: KUFSAINFO@GMAIL.COM  
Website: WWW.ISC.KYUSHU-UNIV.AC.JP/KUFSA/

2016	MAY	JUNE	JULY	AUGUST
	1 BASKETBALL 28 TRAVEL TRIP	12 KUFSA TALENT HUNT FINALS 26 JAPANESE FESTIVAL	8 VOLLEYBALL TOURNAMENT	
2017	JANUARY	FEBRUARY	MARCH	APRIL
	10-11 TWO DAY TRAVEL RETREAT 7 CULTURAL EVENT	15 SOCCER TOURNAMENT 23 COOKING FESTIVAL	3 TRAVEL TRIP 25 BAKAMATCHI TOURNAMENT	18 INTERNATIONAL FOREIGN STUDENT PARTY

We hope you can be part of a fruitful year for KUFSA. Please feel free to contact us!



### EDITORIAL COMMITTEE

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